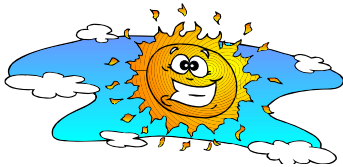


Weather

Rain

Long periods of rain can lead to flooding and standing water on the roads. Even thin layers of water on the road can create dangerous conditions. Heavy rains can reduce a driver's visibility to dangerously short distances and make roadway markings and other traffic difficult to see. Water mixed with roadway dirt and oil can create slick surfaces. Wet brakes can increase stopping distances. Hydroplaning can occur when the tire's tread cannot remove the water from underneath the tire fast enough. The tire begins to ride on top of a ridge of water and loses contact with the ground, which can cause the driver to lose control of the vehicle. Many variables lead to hydroplaning, but slower speeds and good tires are the best ways to prevent it.



Heat

As the temperature rises, you're reminded to guard against the dangers of heat stress or hyperthermia. Drink plenty of water- even if you're not thirsty. Your body needs water to keep cool. Heat stress symptoms include muscle cramps, dizziness, nausea, low blood pressure, headache and lethargy. Anyone with these symptoms immediately should seek shade, ventilation and drink fluids — preferably water — until symptoms ease.

- ✓ Children should never be left alone inside of your car, even for a few

minutes. Unfortunately a delay of just a few minutes can lead to tragedy. Heat is much more dangerous to children than it is to adults. When left in a hot vehicle, a young child's core body temperature can increase three to five times faster than that of an adult causing permanent injury or death.

- ✓ Don't leave your favorite pet alone in your car, even for a few minutes! Animals suffering from the heat may become aggressive.

To drive safely in traffic you must keep your speed down, pay attention, and avoid driving when you are tired. Many accidents and injuries could be prevented by following these precautions. Next time you're in traffic, remember these things and keep yourself safe!

**ENJOY THE FREEDOM
THAT 4 WHEELS CAN
GIVE YOU, BUT
REMEMBER THAT THE
METAL SHELL
CONTAINS FRAGILE
CONTENTS**

TRAVELING SAFETY



Don't Walk By



**USAG Benelux
Installation Safety Office**

YOU'VE ONLY GOT ONE LIFE... SO TAKE CARE

Travel SAFE, Travel Smart Cruising in your car on a perfect summer day with your family. Who can ask for more? Maybe just a little wind in your hair? Well, take care! Speeding is very risky. Remember that no one looks cool with a bloody face, lying on an ambulance stretcher. SAFETY FIRST! This means that you should know and respect your limits, this way you're sure that you will also be on the road tomorrow...

Risk Assessment Tool



- ✓ ASMIS1 is designed to be completed for all planned trips outside the immediate local area when you are going on leave or pass. It will help you plan your trip prior to departure and ensure it has been planned sufficiently (allowances for time, rest stops, alternate drivers, and anticipated weather conditions) to get safely to your destination and back. The Secretary of Defense has directed a clear challenge for us: reduce the number of accidents by at least 50 percent over the next 2 years. This tool is designed to mitigate risks through knowledge and sharing.
<https://safety.army.mil/asmis1/>

Plan Your Journey

- ✓ Plan your journey to include a 15-minute break every two hours on a long journey;

- ✓ Avoid making long trips between midnight and 6am when natural alertness is low;
- ✓ Remember the risks if you have to get up unusually early to start your trip;
- ✓ Find a safe place to stop if you begin to feel drowsy (not the hard shoulder);
- ✓ Always know the route you will be traveling;
- ✓ Have a copy of a good road map;
- ✓ Chart your course before beginning.

Fatal Factors in traffic mishaps

- ✓ Speeding;
- ✓ Aggressive driving;
- ✓ Distracted driving;
- ✓ Drinking and driving;
- ✓ Drowsy driving;
- ✓ Not using Seat Belts;
- ✓ Failure to yield the right of way.

Be Seen, Be Safe

In some countries, drivers have to put on a reflective vest when they are on the road after a breakdown or accident outside built-up areas;

- ✓ **Portugal** has introduced an obligation for drivers to carry **Reflective Vests** in their vehicles, following the example of **Finland, Austria, Italy, and Spain** where similar laws were passed.

Similar measures are under discussion in other European countries, including Belgium.

POV (Privately Owned Vehicle)

- ✓ **Seatbelts** (*Cuts your chance of being killed or seriously hurt IN HALF*)
- ✓ **Airbags** (*allow 10 inches between steering wheel and driver -- in case it inflates*)
- ✓ **Child safety** (*12 years and under -- back is where it's at, use the correct child seat*)
- ✓ **Inspect your vehicle**



An inspection might include --

- safety belts
- lights
- window tint
- exhaust system
- brake systems
- wipers
- horn
- suspension
- steering system
- wheel assemblies
- tires

Never overload your car. Your car and tires are designed to operate safely only up to their load limits.